

Coughs, Colds, Bronchitis

If there is an ailment in the throat or chest, it is surely essential that the remedy be conveyed direct to the affected part. It's conveyed the healing vapor of Catarrhazone is breathed into the sore, irritated throat and bronchial tubes that its balsamic fumes kill the germs and destroy the cause of the trouble. These are the reasons why Catarrhazone never yet failed to cure a genuine case of Catarrh, Asthma, Bronchitis or Throat Trouble.

The wonderfully soothing vapor of Catarrhazone instantly reaches the furthest recesses of the lungs, produces a healing curative effect that is impossible with a tablet or liquid, which goes merely to the stomach, and falls entirely to help the throat or lungs.

Catarrhazone Just Breathe It

To permanently cure your winter flu, your coughs, sneezing, and Catarrh, by all means use a tried and proven remedy like Catarrhazone. But beware of the substitute. Large outfit lasts two months, costs \$1.00, small size 50c, trial size 25c, at dealers everywhere.

How to Select Foods

The housewife will group the various foods in her pantry, vegetable bins and refrigerator into five simple groups and will see that foods from each of the groups appear in each day's meals. She can feel sure that she is giving her family the eight different substances which the body needs for well-being. This grouping will help the housekeeper who wishes to save money or time to simplify her meals without making them one-sided or incomplete. It will enable her to determine whether the meals supply all the different materials needed and will prevent substituting one food for another which has an entirely different use.

Group 1—Fruits and Vegetables. Without these the food would be lacking in mineral substances needed for building the body and keeping it in good working condition. In acids (white, green, yellow, red, purple, etc.) and in other useful purposes, and in minute quantities of other substances needed for health. By giving bulk to the diet they make it more satisfying to the appetite.

Foods depended on for mineral matters, vegetables acids and body regulating substances:
Fruits—Apples, pears, &c., berries, oranges, lemons, &c.; bananas, melons &c.; Vegetables—Salads, lettuce, celery, &c.; green peas, beans &c.; tomatoes, squash, &c.; potatoes, or "greens," potatoes and root vegetables.

Group 2—Meat and Meat Substitutes. These are sources of important body building materials, protein. In the case of children part of the protein food should always be whole milk.

Foods depended on for protein:
Milk, skim milk, cheese, &c.; poultry, eggs, meats, fish, dried peas, beans, cow-peas, &c., nuts.

Group 3—Foods Rich in Starch. Cereals (wheat, rice, rye, barley, oats and corn) and potatoes (white, sweet). Cereals come next to being complete foods, and in most diets they supply more of the nourishment than any other kind of food. It is not safe, however, to live only on cereals.

Foods depended on for starch:
Cereals, grains, meals, flours, &c.; cereal breakfast foods, bread, macaroni and other pastes, crackers, cakes, cookies, starchy puddings, &c.; potatoes and other starchy vegetables.

Group 4—Sugar. Unless some of the fuel is in this form the diet is likely to be lacking in flavo-

Foods depended on for sugar:
Sugar, molasses, syrups, honey, candies, sweet cakes and desserts, fruits preserved in sugar, jellies and dried fruits.

Group 5—Foods Very Rich in Fat. These are important sources of body fuel. Without a little of them the food would not be rich enough to taste good.

Foods depended on for fat:
Butter and cream, lard, suet and other cooking fats, salt pork and bacon, table and salad oils really belong in more than one group. Cereals, for example, supply starch as well as starch, protein, matter, acids, cellulose and body regulating substances for which they are especially valuable. Most meat supplies fat as well as protein. The lists given above show some of the common food materials arranged in these five groups according to their most important nutrients. Thinking of foods as belonging to these groups should help to prevent diets that have not sufficient variety and that of cutting down in the wrong places when economy either of time or money is needed.

The groupings will help the housekeeper who wishes to save money or

WOMAN'S NERVES MADE STRONG

By Lydia E. Pinkham's Vegetable Compound.

Winona, Minn.—"I suffered for more than a year from nervousness, and was so bad I could not rest at night—would lie awake and get so nervous I would have to get up and walk around and in the morning would be all tired out. I read about Lydia E. Pinkham's Vegetable Compound and thought I would try it. My nervousness soon left me. I sleep well and feel fine in the morning and able to do my work."—Mrs. ALBERT SWITZER, 608 Olmstead St., Winona, Minn.

How often do we hear the expression among women, "I am so nervous, I cannot sleep," or "it seems as though I should fly." Such women should profit by Mrs. SUTZER's experience and give Lydia E. Pinkham's Vegetable Compound a trial.

For forty years it has been overcoming such serious conditions as displacements, inflammation, ulceration, irregularities, periodic pains, backache, dizziness, and nervous prostration of women, and is now considered the stan-

time to simplify her meals without making them one-sided or incomplete. For example, from these groups the housewife who has been eating bread, potatoes and rice or hominy in one meal will see that one or even two may be left out without omitting any important nutrient. They will show her that a custard that is made of milk and eggs, two foods from group 2, would hardly be needed after a meal in which a liberal supply of meat had been served, and that a child does not need milk at the same meal with an egg or meat. It will suggest that baked beans or other legumes or thick soups made of legumes are substitutes for meat rather than foods to be eaten with meat.

If by studying these groups the housewife finds that she has provided tissue building protein (group 2) and the necessary though small amount of tissue building materials and body regulating materials (group 1) she may safely build up the bulk of the diet from any materials from the other groups that seem economical, wholesome and appetizing.

This method of planning prevents substituting one food for another which has an entirely different use. In general, economy within each group is safer than using an inexpensive food from one group in place of an expensive one from another group.

These Good Times. People Have Many Luxuries of Late Years.

"Have you ever thought of the fact," said the middle-aged man who always takes the same table in a little restaurant in Herald square, according to the New York Herald.

Minard's Liniment Co., Limited.

Gentlemen,—In July, 1915, I was thrown from my car machine injuring my hip and back badly and was obliged to use a crutch for 14 months. In Sept., 1916, Mr. Wm. Outridge, of Lachute, urged me to try MINARD'S LINIMENT, which I did with the most satisfactory results and to-day I am as well as ever in my life.

Yours sincerely,
MATTHEW X BAINES, mark.

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often enough to keep from burning and lumping. At the end of this time stir in a cupful of water, turn into a baking dish and bake for two hours.

STUFFED HAMBURG ROAST.
Two pounds Hamburg steak, one teaspoonful poultry dressing, two teaspoonful salt. Mix well and form into loaf. Remove the centre and fill with any desired dressing, covering stuffing with meat. Brown each side of loaf in hot pan. Add a little water. Put thin slices of onion on top of loaf, cover and bake thirty or forty minutes. Remove the loaf from pan, add water enough to brown gravy to make two cups, four tablespoonfuls flour and one-half teaspoonful salt.

SPANISH BEANS.
One and one-half cups red kidney beans, one cup strained molasses, one-eighth teaspoonful soda, one small pepper, two ounces fat salt pork, two teaspoonfuls salt, one small onion. Soak beans over night, drain, cover with water, add soda, boil fifteen minutes, drain. Add diced pork, strained and stewed tomato, seasonings, and water to barely cover. Simmer gently for eight or ten hours.

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